Personal, Social and Health Education Overview

Content Overview (Jigsaw PSHE)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 3-5 (F1-F2)	Self-identity Understanding feelings Being in a classroom Being gentle Rights and responsibilities	Identifying talents Being special Families Where we live Making friends Standing up for yourself	Challenges Perseverance Goal-setting Overcoming obstacles Seeking help Jobs Achieving goals	Exercising bodies Physical activity Healthy food Sleep Keeping clean Safety	Family life Friendships Breaking friendships Falling out Dealing with bullying Being a good friend	Bodies Respecting my body Growing up Growth and change Fun and fears Celebrations
Ages 5-6	Feeling special and safe Being part of a class Rights and responsibilities Rewards and feeling proud Consequences Owning the Learning Charter	Similarities and differences Understanding bullying and knowing how to deal with it Making new friends Celebrating the differences in everyone	Setting goals Identifying successes and achievements Learning styles Working well and celebrating achievement with a partner Tackling new challenges Identifying and overcoming obstacles Feelings of success	Keeping myself healthy Healthier lifestyle choices Keeping clean Being safe Medicine safety/safety with household items Road safety Linking health and happiness	Belonging to a family Making friends/being a good friend Physical contact preferences People who help us Qualities as a friend and person Self-acknowledgement Being a good friend to myself Celebrating special relationships	Life cycles – animal and human Changes in me Changes since being a baby Differences between female and male bodies (correct terminology) Linking growing and learning Coping with change Transition
Ages 6-7	Hopes and fears for the year Rights and responsibilities Rewards and consequences Safe and fair learning environment Valuing contributions Choices Recognising feelings	Assumptions and stereotypes about gender Understanding bullying Standing up for self and others Making new friends Gender diversity Celebrating difference and remaining friends	Achieving realistic goals Perseverance Learning strengths Learning with others Group co-operation Contributing to and sharing success	Motivation Healthier choices Relaxation Healthy eating and nutrition Healthier snacks and sharing food	Different types of family Physical contact boundaries Friendship and conflict Secrets Trust and appreciation Expressing appreciation for special relationships	Life cycles in nature Growing from young to old Increasing independence Differences in female and male bodies (correct terminology) Assertiveness Preparing for transition
Ages 7-8	Setting personal goals Self-identity and worth Positivity in challenges Rules, rights and responsibilities Rewards and consequences Responsible choices Seeing things from others' perspectives	Families and their differences Family conflict and how to manage it (child-centred) Witnessing bullying and how to solve it Recognising how words can be hurtful Giving and receiving compliments	Difficult challenges and achieving success Dreams and ambitions New challenges Motivation and enthusiasm Recognising and trying to overcome obstacles Evaluating learning processes Managing feelings Simple budgeting	Exercise Fitness challenges Food labelling and healthy swaps Attitudes towards drugs Keeping safe and why it's important online and off line scenarios Respect for myself and others Healthy and safe choices	Family roles and responsibilities Friendship and negotiation Keeping safe online and who to go to for help Being a global citizen Being aware of how my choices affect others Awareness of how other children have different lives Expressing appreciation for family and friends	How babies grow Understanding a baby's needs Outside body changes Inside body changes Family stereotypes Challenging my ideas Preparing for transition

Personal, Social and Health Education Whole School Overview

Content Overview (Jigsaw PSHE)

Age Group	Being Me In My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Ages 8-9	Being part of a class team Being a school citizen Rights, responsibilities and democracy (school council) Rewards and consequences Group decision-making Having a voice What motivates behaviour	Challenging assumptions Judging by appearance Accepting self and others Understanding influences Understanding bullying Problem-solving Identifying how special and unique everyone is First impressions	Hopes and dreams Overcoming disappointment Creating new, realistic dreams Achieving goals Working in a group Celebrating contributions Resilience Positive attitudes	Healthier friendships Group dynamics Smoking Alcohol Assertiveness Peer pressure Celebrating inner strength	Jealousy Love and loss Memories of loved ones Getting on and Falling Out Girlfriends and boyfriends Showing appreciation to people and animals	Being unique Having a baby Girls and puberty Confidence in change Accepting change Preparing for transition Environmental change
Ages 9-10	Planning the forthcoming year Being a citizen Rights and responsibilities Rewards and consequences How behaviour affects groups Democracy, having a voice, participating	Cultural differences and how they can cause conflict Racism Rumours and name-calling Types of bullying Material wealth and happiness Enjoying and respecting other cultures	Future dreams The importance of money Jobs and careers Dream job and how to get there Goals in different cultures Supporting others (charity) Motivation	Smoking, including vaping Alcohol Alcohol and anti-social behaviour Emergency aid Body image Relationships with food Healthy choices Motivation and behaviour	Self-recognition and self-worth Building self-esteem Safer online communities Rights and responsibilities online Online gaming and gambling Reducing screen time Dangers of online grooming SMARRT internet safety rules	Self- and body image Influence of online and media on body image Puberty for girls Puberty for boys Conception (including IVF) Growing responsibility Coping with change Preparing for transition
Ages 10-11	Identifying goals for the year Global citizenship Children's universal rights Feeling welcome and valued Choices, consequences and rewards Group dynamics Democracy, having a voice Anti-social behaviour Role-modelling	Perceptions of normality Understanding disability Power struggles Understanding bullying Inclusion/exclusion Differences as conflict, difference as celebration Empathy	Personal learning goals, in and out of school Success criteria Emotions in success Making a difference in the world Motivation Recognising achievements Compliments	Taking personal responsibility How substances affect the body Exploitation, including 'county lines' and gang culture Emotional and mental health Managing stress	Mental health Identifying mental health worries and sources of support Love and loss Managing feelings Power and control Assertiveness Technology safety Take responsibility with technology use	Self-image Body image Puberty and feelings Conception to birth Reflections about change Physical attraction Respect and consent Boyfriends/girlfriends Sexting Transition

PSHE KS1 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle One	**Knowledge:** • Understand the rights and responsibilities of a member of a class • Understand that their choices have consequences	**Knowledge:** • Know that people have differences and similarities • Know what bullying means • Know that people are unique and that it is OK to be different	**Knowledge:** • Know how to achieve a goal • Know that tackling a challenge can stretch their learning • Know how to identify obstacles which make achieving their goals difficult and work out how to overcome them	**Knowledge:** • Know the difference between being healthy and unhealthy • Know that germs cause disease / illness • Know that all household products, including medicines, can be harmful if not used properly	**Knowledge:** • Know that there are lots of different types of families • Know about the different people in the school community and how they help • Know the characteristics of healthy and safe friends	**Knowledge:** • Know that people grow up at different rates and that is normal • Know the names of male and female private body parts • Know who to ask for help if they are worried or frightened

PSHE KS1 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle Two	**Knowledge:** • Identifying hopes and fears for the year ahead • Know about rewards and consequences and that these stem from choices • Know that positive choices impact positively on self-learning and the learning of others	**Knowledge:** • Know there are stereotypes about boys and girls • Know the difference between right and wrong and the role that choice has to play in this • Know the difference between a one-off incident and bullying	**Knowledge:** • Know that it is important to persevere • Recognise how working with others can be helpful • Recognise how it feels to be part of a group that succeeds and store this feeling	**Knowledge:** • Know what their body needs to stay healthy • Know what makes them feel relaxed / stressed • Know which foods given their bodies energy	**Knowledge:** • Know that families function well when there is trust, respect, care, love and co-operation • Know that friendships have ups and downs and sometimes change with time • Know what trust is	**Knowledge:** • Know that aging is a natural process including old-age • Know how their bodies have changed from when they were a baby and that they will continue to change as they age • Know there are different types of touch and that some are acceptable and some are unacceptable

PSHE LKS2 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle One	**Knowledge:** • Know what a personal goal and challenge is • Know why rules are needed and how these relate to choices and consequences • Know that others may hold different views • Know that the school has a shared set of values	**Knowledge:** • Know that everybody's family is different and important • Know that conflict is a normal part of relationships • Know that some words are used in hurtful ways and that this can have consequences	**Knowledge:** • Know about specific people who have overcome difficult challenges to achieve success • Know that they are responsible for their own learning • Know how to take steps to overcome obstacles	**Knowledge:** • Know how exercise affects their bodies • Know that the amount of calories, fat and sugar that they put into their bodies will affect their health • Know a range of strategies to keep themselves safe	**Knowledge:** • Know that different family members carry out different roles • Know that gender stereotypes can be unfair • Know the lives of children around the world can be different from their own	**Knowledge:** • Know that in animals and humans lots of changes happen between conception and growing up • Know that babies need love and care from their parents/carers • Know some of the changes that happen between being a baby, a child and adults

PSHE LKS2 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle Two	**Knowledge:** • Know how individual attitudes and actions make a difference to a class • Know their place in the school community • Know how groups work together to reach a consensus	**Knowledge:** • Know that sometimes people make assumptions about a person • Know what to do if they think bullying is, or might be taking place • Know that first impressions can change	**Knowledge:** • Know that hopes and dreams don't always come true • Know how to work out the steps they need to take to achieve a goal • Know how to work as part of a successful group	**Knowledge:** • Know which friends they value most • Know the facts about smoking and its effects on health • Know ways to resist when people are putting pressure on them	**Knowledge:** • Know that jealousy can be damaging to relationships • Know that loss is a normal part of relationships • Know that change is a natural part of relationships/ friendship	**Knowledge:** • Know the names of the different internal and external body parts that are needed to make a baby • Know that personal hygiene is important during puberty and as an adult • Know that change can bring about a range of different emotions

PSHE UKS2 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle One	**Knowledge:** • Know how to face new challenges positively • Understand the rights and responsibilities associated with being a citizen in the wider community and their country	**Knowledge:** • Know what culture means • Know what racism is and why it is unacceptable • Know how their life is different from the lives of children in the developing world	**Knowledge:** • Know about a range of jobs that are carried out by people I know • Know that young people from different cultures may have different dreams and goals • Know that communicating with someone from a different culture means that they can learn from them and vice versa	**Knowledge:** • Know how smoking tobacco affects the lungs, liver and heart • Know that the media, social media and celebrity culture promotes certain body types • Know what makes a healthy lifestyle	**Knowledge:** • Know that a personality is made up of many different characteristics, qualities and attributes • Know that there are rights and responsibilities in an online community or social network • now how to stay safe when using technology to communicate with friends	**Knowledge:** • Know what perception means and that perceptions can be right or wrong • Know that sexual intercourse can lead to conception • Know that becoming a teenager involves various changes and also brings growing responsibility

PSHE UKS2 Overview

	Autumn		Spring		Summer	
	Being me in my world	**Celebrating Difference**	**Dreams and Goals**	**Healthy Me**	**Relationships**	**Changing Me**
Cycle Two	**Knowledge:** • Understand what fears and worries are • Know that personal choices can affect others locally and globally • Understand how democracy and having a voice benefits the school community	**Knowledge:** • Know that there are different perceptions of 'being normal' and where these might come from • Know that people can hold power over others • Know that difference can be a source of celebration and conflict	**Knowledge:** • Know what the learning steps are they need to take to achieve their goal • Know how to work with other people to make the world a better place • Know what their classmates like and admire about them	**Knowledge:** • Know how to make choices that benefit their own health and well-being • Know about different types of drugs and their uses • Know what it means to be emotionally well	**Knowledge:** • Know that it is important to take care of their own mental health • Know some of the dangers of being 'online' • Know the stages of grief and that there are different types of loss that cause people to grieve	**Knowledge:** • Know how bodies change during puberty • Know how being physically attracted to someone changes the nature of the relationship • Know how a baby develops from conception